DEEP SLEEP HYPNOSIS TO MANIFEST MONEY & ABUNDANCE

Positive Thinking Guided Meditation with Affirmations to Attract Money Now, Manifest Wealth, & Financial Success While You Sleep

MINDFULNESS TRAINING

Deep Sleep Hypnosis to Manifest Money & Abundance

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Mindfulness Training

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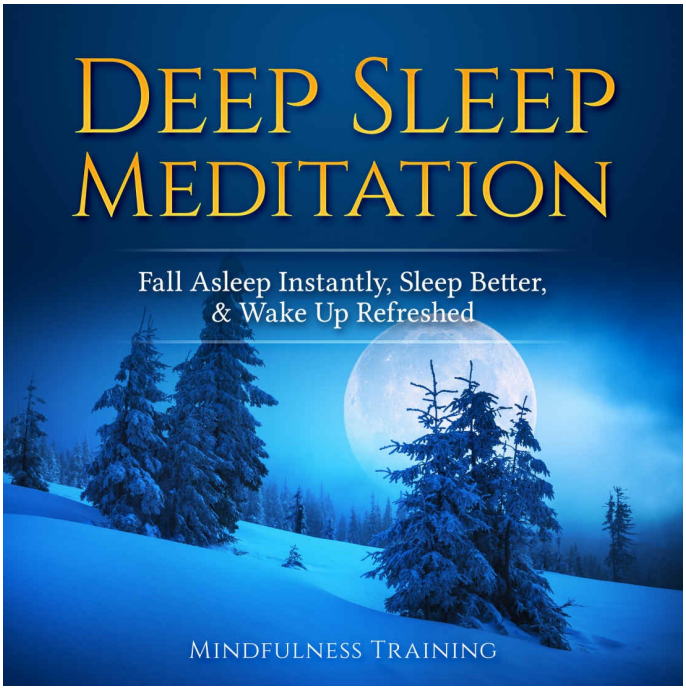

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Meditation Script

[Notes for the speaker are marked in orange. This text should be read slowly, with plenty of pauses to allow rest and time for the words to sink into the listener; time for them to become sleepy. Significant pauses have been marked within the text.]

Welcome to your meditation practice. The purpose of these opening moments is to find steadiness. Settle into a comfortable seated posture; your spine is upright and your chin tucked into your chest — not much, but just enough so that the back of the neck is long. You could sit on a chair or on the floor. If you choose to sit on the floor, make sure that your hips are higher than your knees; you could sit on a cushion or two if needed.

And if you haven't already closed your eyes, close them now.

Take a deep breath in.

And breathe it out.

Take a deep breath in — breathe in a sense of *certainty*.

Breathe out all uncertainty.

Breathe in certainty of your own power.

Breathe out all uncertainty.

Breathe in *trust* in the abundance of the Universe.

Breathe out all uncertainty.

Breathe in.

Breathe out.

[Pause]

Let go of control of the breath.

Let go of control.

Because you don’t have to hold on too tightly.

You don’t have to stay in control of everything in order to create success.

The goal of manifesting more money is simple — but we have a tendency to overcomplicate it. We complicate money with confused emotions. For example, with guilt or shame about *wanting* money; with fear about what might happen if we get it, or if we get it and then lose it; with fear that the desire for money is not appropriate for us. Because people like us don’t have lots of money in their life.

But allowing our minds to make money more complex than it needs to be has a negative effect on our ability to receive money. It makes us grasp too tightly to control; it convinces us that the only way to make more money is to follow a path laid out by someone else, and to follow it without wavering — even if that path isn’t right for us. Even if it makes us deeply unhappy.

The reality is that there is more than one way to receive money. There are *many* ways. In this Universe, money is a form of energy. It is given and received; one form of energy exchanged for another form.

When you pay an electrician to do a job in your home you are exchanging money energy for the electrician’s labour energy. When you buy food you exchange money energy for the energy that went into producing that food, transporting it, and for the energy that food gives you when you consume it.

And so on.

Money is a form of energy. A form which we can understand and utilise very easily.

And the Universe is abundant with energy.

[Pause]

Take a deep breath in.

And breathe out.

Breathe in certainty that the Universe is abundant with energy.

Breathe out all uncertainty.

Breathe in certainty.

Breathe out all uncertainty.

Breathe in certainty.

Breathe out all uncertainty.

Breathe in certainty.

Breathe out all uncertainty.

Now let go of control of the breath again. Allow body and mind to become quiet.

[Pause]

With the knowledge that money is energy, allow yourself to set a number: your ideal annual income. This might change over the years — but how much would you like to earn per year right now? Think big. Choose a number that you *dream* of — a number that you might have told yourself could never be possible for you.

[Pause]

And then picture a day, one year in the future. A year has passed and in that year you *have* earned that much money. You have achieved that dream.

It has happened.

Visualise it. Step into that day — as if you're really there.

You wake up in the morning with the knowledge that in the last year you have received your dream figure for the year.

So…where are you? What does your bed look like? Your room? Your house? Or are you somewhere else — on holiday in a location you've always dreamed of going to?

Imagine it as if you are really there.

You are really there.

You can see it. *Feel* it. Your senses are alive with the sounds, smells and tastes of this day. One year in the future.

Allow yourself to envision…

What your life looks like. Your daily lifestyle — what has become normal for you since you began to receive your ideal figure?

Where you spend your time, and who you spend your time with.

The materials items that you own — the things that bring you joy.

The kind of food in your cupboards; the restaurants you eat at.

Your health. Allow yourself to feel the way your *body* feels now that you are able to spend money on your wellbeing in a way that feels good to you.

The people around you. Who are they? How have their lives changed as a result of your increased stability — as a result of your ability to be generous?

And more importantly, how have their lives changed as a result of the way your relationship has changed — because you are more comfortable, less stressed, more able to be present and steady for them?

How does it feel?

You are in that day.

Be there.

Be in it.

You have received the amount of money that you *dream* of receiving.

[Pause]

This visualisation exercise is powerful. Because we know that money is energy. When you imagine it, the energy you radiate out into the world is just the same as the energy you would radiate out if you really did have that money. You experience the energy of that money and the Universal energy responds.

You give energy and you receive it in return.

You are choosing the kind of energy you give.

Which means that you can receive that same energy more easily.

By visualising this with a focused and quiet mind, during your meditation practice, you open yourself up. It's almost as though the Universe has been waiting for you to tell it what you want — and now that you have, it can begin to respond in kind.

This energy will come back to you.

You are worthy of it.

You are worthy.

Now…

Take a deep breath in.

And breathe out.

Breathe in certainty.

Breathe out all uncertainty.

Breathe in certainty.

Breathe out all uncertainty.

Breathe in certainty.

Breathe out all uncertainty.

Breathe in certainty.

Breathe out all uncertainty.

[Pause]

Before you open your eyes there is one more thing to do.

Focus your awareness on the centre of your chest.

Notice the centre of the chest.

Take one more deep breath in — a very deep breath. Drawing as much air into the body as you can. And when you can't breathe in anymore, hold the breath — just for a few seconds. Hold it in.

Be in this moment.

Be aware in this moment.

Feel the expansion of the chest with the breath.

….and then slowly exhale. A long, complete exhale — expelling all air from the body.

Allow the breath to return to a natural rhythm.

And open your eyes when you’re ready. Your practice is complete.